

News Release



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Sutter's Fort Recognizes Women's History Month With Historian Cheryl Stapp as Special Guest During "Hands on History" Event on March 16

SACRAMENTO, Calif. – In honor of "Women's History Month," Sutter's Fort State Historic Park (SHP) is proud to present a special "Hands on History: *Hard Working Women of the Frontier*" event on Saturday, March 16, that includes a visit by historian and respected author Cheryl Stapp. Author of *Disaster & Triumph: Sacramento Women, Gold Rush Through the Civil War* and *Sacramento Chronicles: A Golden Past*, Stapp will be at the Fort to give three presentations -- at 11:30 a.m., 1:30 p.m. and 3:30 p.m. -- about the multi-faceted roles of frontier women in California. Immediately following each presentation, she will be available to answer questions and sign copies of her books (available for purchase in the Fort Trade Store). Open daily, Sutter's Fort SHP is committed to providing activities that are engaging, interactive and interpret California's fascinating history.

In her presentations, Stapp will share findings of her extensive research and will explore the lives of 19th century women through the experiences of specific individuals including: Eliza Gregson who came to California with her husband in 1846 (they had to cut their wagon in half to make a cart because they only had two oxen); Elitha Donner who survived the winter entrapment in the mountains; and Jennie Wimmer who was present when gold was discovered. Stapp will also explore the exhausting daily lives of 19th century women as they managed many roles including that of nurse, caregiver, caretaker, companion and housekeeper.

In addition to the special guest presentations, many interactive Fort activities will be available that demonstrate how pioneer women were vital economic partners in families, many of whom set up their own businesses selling eggs, milk, or baked goods to neighbors and travelers. Other special activities await Fort guests, too, including crowd-favorite black powder and musket demonstrations, dutch-oven cooking demonstrations, and an interactive wagon trail camp for visitors to experience what it was like to camp as part of a wagon train. On this special day, Fort guests will also learn to carry water buckets, use a yoke, make rope, decide what supplies are necessary for the trip, help load the wagon and climb inside an authentic covered wagon to feel what it was like to journey across country.

More information about this "Hands on History: *Hard Working Women of the Frontier*" event and/or other upcoming activities at Sutter's Fort SHP is available at 916-445-4422 or www.suttersfort.org

About Sutter's Fort State Historic Park

Sutter's Fort State Historic Park is operated by California State Parks with financial assistance from the nonprofit Friends of Sutter's Fort. Sutter's Fort State Historic Park is open daily from 10 a.m. to 5 p.m. Located in midtown Sacramento on L Street between 26th and 28th Streets, the Fort offers monthly "Hands on History" activities and special events throughout the year. Established in 1839 by Swiss immigrant John Augustus Sutter, Sutter's Fort was at the center of a flourishing agricultural empire named New Helvetia (New Switzerland.) This empire established Sacramento's earliest settlement and the first European settlement in California's Central Valley. For more information, call (916) 445-4422 or visit www.suttersfort.org

For More, Visit www.parks.ca.gov/CapitalDistrict